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Louise Mohr

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Iowa State College

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Give Him Meat Every Day . . .

By Miriam Lowenberg

(Nursery School Dietitian)

A DECADE or so ago, meat was on the list of prohibited foods for children. It was felt that meat would destroy the appetite for other foods and that it was not digested and assimilated easily in the child's body.

In the past few years experiments have proved that these theories were wrong. Instead, the protein, minerals and flavoring materials which meat contains have been found to stimulate rather than destroy the appetite for other foods. Even more important than this, these experiments have proved that the child's rapidly growing body needs an abundant supply of the material for growth, namely protein, and that meat ranks very high in the list of foods supplying this. Eggs, milk, kidneys, beef, calf or pig liver, all flesh foods, fish and oysters are excellent sources of protein for growing bodies.

It has been shown that our fear that an abundance of protein will harm the body of the child is unfounded.

Those who have had successful experience in feeding large numbers of children over long periods of time are advocating that every child after two years of age have three to four cups of milk, one whole egg and one serving of meat every day in addition to the vegetables, fruits, and cereals which his diet includes.

THE diet of the child under two years will be more closely guided by the family physician. Many physicians are advocating the feeding of scraped beef or liver before the end of the first year of the baby's life. Of course the meat which is fed should be readily digestible. Beef, lamb, mutton and beef, calf or pig liver, chicken or other fowl are all appropriate for the young child if the excess of fat is removed before the meat is cooked.

Meat may be roasted, broiled or stewed for the child, but it should never be served fried or in a rich gravy. Bacon may be used if it is cooked until it is crisp and dry. We have found that bacon will cook until dry without burning if it is spread on flat pans and cooked in a moderate oven. We drain the fat off as it forms.

I have found that young children find difficulty in eating meat cooked until it is dry. We have devised some recipes in the nursery school which keep the meat or fish moist.

Creamed liver is popular

with the children. Here is the recipe we use:

1 lb. liver 2 tablespoons butter
 ¾ cup milk ¼ teaspoon salt
 2 tablespoons flour

Plunge the liver into boiling water and remove immediately. Take off all bits of skin and connective tissue. Grind with a medium sized blade of the food chopper. Toss the ground liver into about 2 tablespoons of bacon fat in a frying pan and cook 7 minutes over a low flame. Add to the white sauce.

Here is another popular liver recipe called Liver En Casserole:

1 lb. liver
 2 cups sliced carrots
 1 cup cooked peas
 1 tablespoon chopped onion
 ½ teaspoon salt
 3 oz. bacon

Plunge the liver into boiling water, remove immediately and cut off all tough skin and connective tissue. Cut into half-inch cubes. Cut the bacon into one-inch strips and broil until it is dry. Drain off most of the fat and toss the liver in with the bacon. Cook the liver for 2 or 3 minutes with bacon. Place the liver, bacon and vegetables in a casserole. Add sufficient water to about half cover the vegetables and cook in a slow oven for an hour.

Scalloped lamb may be made by using a pound of lamb, cut in half-inch cubes, and a half cup of medium white sauce. Remove all excess fat from the lamb and simmer until tender. Combine with the white sauce and bake in a moderate oven for 45 minutes.

Here is a recipe for fish timbale:

1 ½ lb. can cod fish flakes
 2 tablespoons butter
 2 tablespoons flour
 1 ½ cup milk
 ½ tablespoon chopped parsley
 3 eggs

Make a white sauce and add the beaten yolks to this. Beat eggs separately. Mix in the fish from which all bones and skin have been removed. Add the chopped parsley. Add stiffly beaten egg whites. Bake for an hour in a shallow pan set in a pan of warm water. Use a moderate oven.



Louise Mohr

By Gertrude Hendriks

This is another in the series of stories about home economics students who are active on the campus.

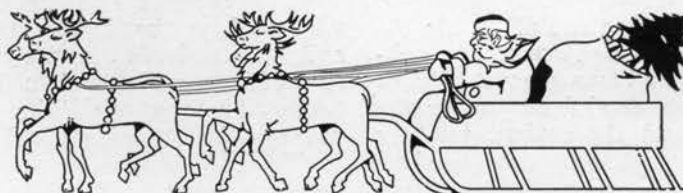
WHEN Jack O'Lantern actives went serenading before formal pledging last spring, they stopped at Mary B. Welch East. It was for charming, dark-eyed Louise Mohr they sang their pledge song while the rain fairly soaked them. Following formal pledging at the Campanile the next afternoon, the newly pledged sophomore women named Louise their president for this year.

From northeastern Nebraska, the town of Spencer, Louise hails. Two years ago, coming to Iowa State was something different for that Nebraska community. But she made up her mind to "pioneer" it. She was interested in dietetics, and Iowa State as a home economics school, had been highly recommended by her instructors and by individuals with whom she corresponded concerning colleges.

Even though a freshman's activities are limited, Louise started work in the Y. W. C. A. her first year. She became a member of the finance group which was at that time led by Thelma Eldridge, '32, and for a time she assisted "Ted" as leader.

Louise took time also to work with costuming for plays, and for W. A. A. activities during her first year or two. For the Y. W., Louise is a strong enthusiast. "If only because of the contact with

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Of all the trees that spring in wood,
The holly bears the crown.

—Old English Song

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"ON THE CAMPUS"

Tastes Like Spinach

By Alice Morrison

"WHAT kind of vegetable is this, anyway?"

"Why, it looks to me like cauliflower."

"Yes, but whoever heard of green cauliflower? It tastes something like spinach, and it's green."

Modern America is being confronted with the problem of preparation and consumption of a relatively new vegetable, broccoli. Formerly this term was applied to the various forms of cauliflower, but with the appearance of the true Italian broccoli the terms began to be confusing, and so each vegetable was given its own name.

Although broccoli does resemble cauliflower in its shape, and spinach in its color, it is truly a member of the cabbage family. When it is in season during the winter and early spring, it is largely supplied by growers in Texas and California. Each year the supply has increased due to a growing demand on the part of American housewives for this new vegetable, the flavor of which is a combination of cabbage, asparagus, cauliflower and brussels sprouts.

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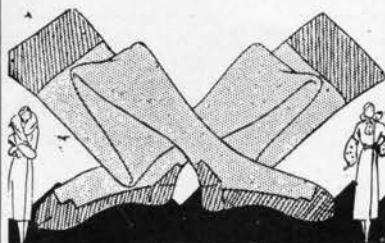
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Due to its green color, it should be cooked in tap water, uncovered, until it is tender but firm. After being cooked about 7 minutes it may be prepared for the table in a number of ways. One of the most delicious ways is this Italian method:

Add to the tender broccoli a sauce prepared in the following way: Assemble ½ tablespoon of lemon juice or vinegar, ½ cup melted butter, 1 egg yolk, and salt and pepper to taste. Mix the ingredients well and pour over the broccoli.

Other sauces may be used for variation.

Louise Mohr

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Grace Hoover, Y. W. secretary," she says, "every girl should sometime include the Y. W. C. A. in her campus activities."

This year Louise is serving on the Y. W. Cabinet as member at large. She was a Campus Sister Key in the Campus Sister organization this fall. She is also a member of Phi Upsilon Omicron, home economics professional honorary.

Louise has always shown an interest in working for herself. Even before she came to Iowa State she taught in a grade school for two years. Waiting tables near her home town occupies most of her summer vacations.

The future? Louise is carrying a split major of institutional management and dietetics, and expects after graduation, to become a dietitian.

Bake a Puddinge

(Continued from page 1)

down for a few minutes until the paper will strip off easily. When it is completely cooled, store it in a bread box lined with wax paper. Fruit cake or pudding is not nearly so good when it is

FOAMY PUDDING SAUCE

- 4 T. butter
- 2 egg yolks
- ½ t. vanilla
- 1 cup pwd. sugar
- 2 egg whites
- ½ cup cream, whipped

Cream the butter, add sugar gradually. Add well-beaten egg yolks and beat over hot water. Fold in stiffly beaten egg whites, vanilla, and whipped cream, if desired. Serve hot.

fresh as it will be after a ripening period of two weeks or longer. If cakes are put away before they are completely cooled, there is great danger of molding.

We would scarcely recognize Friend Cake as we see him sailing decorously